



R.A.D. SYSTEMS

The Needham Domestic Violence Action Committee, in partnership with the Needham Police Department, is offering **Rape Aggression Defense** (RAD) classes for women. **The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women.** The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training.

The Rape Aggression Defense System is dedicated to teaching women defensive concepts and techniques against various types of assaults, by utilizing easy, effective and proven self-defense/martial arts tactics (however, R.A.D. is not a Martial Arts program). The system of realistic defense provides women with the knowledge necessary to make an educated decision about resistance. Safety and survival in today's world requires a definite course of action. This program provides effective options by teaching women to take an active role in their own self-defense and psychological well-being.

This class is taught in a fun and friendly atmosphere and following areas are covered in class:

- Awareness - Awareness and risk reduction discussion covering such issues as home and personal safety, date rape, carrying mace and/or other weapons.
- Technique - Self-defense techniques that can be used in a variety of confrontational situations.
- Simulation - Realistic simulation scenarios where trained officers are dressed in padded equipment to give class participants the opportunity to practice their techniques

What you learn in this class will benefit you for a lifetime. Here's a link to a YouTube segment that was done at our last class-
<http://www.youtube.com/embed/Vo4DnIEOnPs>

This class is being offered to any female age 16 or older- take it with a friend or with your mom. We've had a lot of moms and daughters taking it together in the past.

Certified R.A.D. instructors teach this basic R.A.D. program. Participants receive a reference manual and our free lifetime return and practice policy for R.A.D. graduates. Class dates are August 17th, 18th, 19th and 20th from 5:30- 8:30 p.m. each night. The fee is \$50 for this 12-hour course. Class size is limited, so signup early. Please contact Sergeant Belinda Carroll at bcarroll@needhamma.gov. You'll receive a confirmation email and upon completion of the class roster, the final details will be forwarded. Thank you.

Be well,
Sgt. Belinda Carroll
Needham Police Department